

'Snacks' to supplement your diet



Information for patients
Dietetics Department

If you are trying to increase your calories or stop taking your nutritional supplements, you need to take suitable alternatives to ensure you do not lose weight.

An average nutritional supplement drink contains 300 calories and 12grams of protein. Below are some snack ideas that have similar calorie contents that may be useful for you.

Snack	Calories (Kcal)	Protein (grams)
Plain scone with butter and jam spread thick	272	4
Two plain digestive biscuits with cheese	305	12
Hot chocolate drink made with full cream milk and one digestive biscuit	295	10
Bar of milk chocolate	285	5
Danish Pastry	400	6
Packet of crisps and glass of full cream milk	328	10
One croissant with butter	290	5
One slice of toast with melted cheese	243	13
One packet of peanuts	300	13
Two chocolate digestive biscuits and a glass of full cream milk	342	10
One slice of fruit cake and butter	286	3
One portion of trifle	272	6
One medium sausage roll	286	4
One small pork pie	282	7
Sponge pudding and custard	440	8.7



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